

BE A BETTER COOK WITH

# Carnation



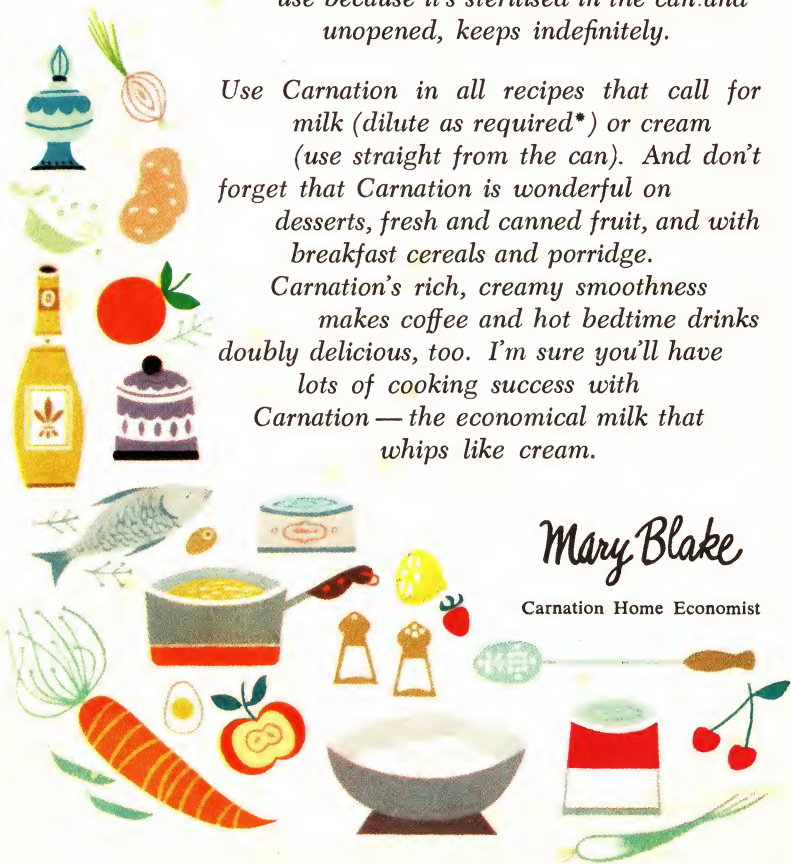


Once you try these recipes you'll be convinced that Carnation Milk makes a big difference to all your cooking. Carnation adds a nicer flavour while its special blending qualities give food a smoother texture. And it's always safe for family use because it's sterilised in the can and unopened, keeps indefinitely.

Use Carnation in all recipes that call for milk (dilute as required\*) or cream (use straight from the can). And don't forget that Carnation is wonderful on desserts, fresh and canned fruit, and with breakfast cereals and porridge. Carnation's rich, creamy smoothness makes coffee and hot bedtime drinks doubly delicious, too. I'm sure you'll have lots of cooking success with Carnation—the economical milk that whips like cream.

Mary Blake

Carnation Home Economist



\* Add  $1\frac{1}{2}$  parts water to one part Carnation to get whole milk standard

# SOUPS

\*Carnation  
makes all soups  
extra special.



## QUICK-'N'-EASY VEGETABLE CREME

- 1 onion
- 1 tablespoon butter or shortening
- 2 stalks celery
- 2 medium potatoes
- 1 carrot
- $\frac{1}{2}$  parsnip
- $\frac{1}{4}$  turnip
- 3 cups water
- $1\frac{1}{4}$  cups Carnation Milk
- 2 tablespoons flour
- Salt and pepper

Dice onion finely and cook in butter in large saucepan until soft. Chop celery finely, grate all other vegetables and cook with water and salt until tender. Add Carnation Milk. Blend flour with onion mixture until smooth. Cook one minute. Gradually add vegetable mixture, stirring constantly. Season to taste with salt and pepper. Serve with finely chopped mint or parsley.

## SAUCES



### QUICK CHEESE SAUCE

- $\frac{2}{3}$  cup Carnation Milk
- $\frac{1}{3}$  cup grated processed cheese
- Salt and pepper

Heat Carnation Milk in small saucepan over low heat until small bubbles appear around edges of pan. Blend in grated cheese; add salt and pepper to taste. Heat for about 1 minute, stirring constantly.

### CURRIED CHICKEN SOUP

- 1 cooking apple
- 1 onion
- 1 tablespoon butter
- 1 dessertspoon curry powder
- 3 dessertspoons flour
- 1 packet chicken soup
- 1 cup Carnation Milk

Salt and pepper to taste

Peel and dice onion and apple and cook in melted butter until soft, but not brown. Add curry powder and flour and cook for 2 minutes. Prepare chicken soup according to directions, using only three cups of water. Strain soup and gradually stir it into flour mixture. Continue stirring until boiling, and simmer 5 minutes. Gradually add Carnation Milk and serve piping hot.

### SPICY TOMATO SOUP

- 1 cup Carnation Milk
- 1 16 oz. can tomato soup
- 1 cup water
- 1 tablespoon chopped parsley
- 1 level teaspoon curry powder
- Several slices crisp, fried bacon,  
chopped finely

Heat all together without boiling, and serve.

### WHITE SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup Carnation Milk, diluted with  
 $\frac{1}{2}$  cup water

Melt butter in saucepan over medium heat. Blend in flour and salt. Cook 1 minute. Remove pan from heat. Add  $\frac{1}{4}$  of the total amount of milk. Blend thoroughly until all lumps are gone. Add remaining milk and return to heat. Stir constantly until mixture thickens.

Uses: For creaming soups and vegetables, and as a base for any savoury sauce.



## FISH & CHEESE DISHES



### FLUFFY CHEESE OMELETTE

- 3 eggs, separated
- $\frac{1}{4}$  teaspoon cream of tartar
- 1 tablespoon flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon mustard
- $\frac{1}{8}$  teaspoon cayenne pepper
- $\frac{1}{2}$  cup finely grated tasty cheese
- $\frac{1}{2}$  cup Carnation Milk
- 1 tablespoon butter

Beat egg whites until foamy, add cream of tartar, and beat until stiff, but not dry. Beat egg yolks until thick and creamy, add flour, salt, mustard, cayenne, cheese and Carnation. Mix until smooth. Lightly fold in the egg whites, mixing thoroughly. Melt butter in a heavy pan, pour in egg mixture, cover, and cook over low heat until mixture puffs up, about 6 minutes. Uncover and place under red hot griller until omelette is slightly brown and dry on top. Fold over and serve with grilled bacon rolls if desired. Serves 2.



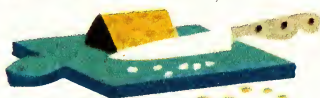
### FISH KEDGEREE

Place layers of cooked rice, flaked fish and slices of hard-boiled egg in a casserole. Pour over a thin layer of medium thickness white sauce flavoured with curry powder. Repeat layers until casserole is full, ending with rice on top. Dot with butter and bake until thoroughly heated.

### CHEESE DREAM PIE

- 3 tablespoons shortening
- 1 teaspoon ground sage
- 12 slices bread
- $\frac{1}{2}$  lb. processed cheese, sliced
- $\frac{1}{2}$  cups Carnation Milk diluted with  $1\frac{1}{2}$  cups water
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{8}$  teaspoon cayenne

3 eggs  
Blend butter and sage. Trim crusts from bread, spread six slices with butter mixture, top with sliced cheese and remaining bread. Cut each sandwich into three triangles. Arrange in two layers in a deep 9" pie dish or casserole. Add diluted Carnation Milk and seasonings to slightly beaten eggs. Pour over cheese sandwiches. Bake at 350-375 degrees F. for about 45 minutes.



### CHEESE AND SALMON PIE

- 4 dessertspoons butter or substitute
- 1 cup canned onion soup
- 1 8 oz. can salmon
- 2 cups cooked rice
- Sliced tomatoes
- 3 tablespoons flour
- $\frac{3}{4}$  cup Carnation Milk
- $\frac{1}{2}$  cup grated cheese
- $\frac{1}{2}$  cup buttered breadcrumbs
- Parsley

Melt the butter or substitute. Add flour, cook two or three minutes but do not brown. Stir in onion, soup and milk and continue stirring until boiling. Fold in flaked salmon and fish liquid, nearly all the cheese and rice. Turn into ovenware dish, sprinkle with remaining cheese, border with buttered breadcrumbs and serve piping hot. Garnish with tomato slices and parsley.

# MAIN COURSE DISHES



## RABBIT PAPRIKA

1 rabbit  
 1¼ cups tomato juice  
 1 finely chopped onion  
 1 tablespoon plain flour  
 Pinch herbs  
 1 tablespoon chopped parsley  
 1 teaspoon paprika  
 Little white wine or lemon juice  
 Salt and pepper to taste  
 1 carrot, diced  
 ½ cup Carnation Milk

Soak rabbit in salted water 1 hour. Remove, dry well and cut in neat pieces. Mix tomato juice with onion, flour, herbs, parsley, paprika, wine, salt and pepper. Put rabbit in greased casserole, pour mixed ingredients over and allow to stand for an hour or more. Add diced carrot. Bake in moderate oven — 350° F. for 15 minutes. Reduce to 300° F., bake further 45 minutes or more until tender. Just before serving add Carnation Milk, heat through thoroughly.

## PORCUPINE MEAT BALLS

1½ lbs. minced steak  
 ½ cup uncooked rice  
 1 small onion, grated  
 ¼ cup Carnation Milk  
 Pinch of herbs  
 1 teaspoon salt  
 Pepper to taste  
 Small can tomato soup  
 1 cup water

Mix the meat, rice, onion, Carnation and seasonings. Shape into small balls. Heat tomato soup and water to boiling point, drop in meat balls, cover, and cook gently for 30 minutes.

## MASHED POTATOES

Mash potatoes exactly as usual. Add Carnation Milk, salt and pepper to taste and beat until creamy. No need to use butter for smooth, rich mashed potatoes.

## STUFFED STEAK OR VEAL ROLLS

2 cups fine breadcrumbs  
 1 teaspoon salt  
 ¼ teaspoon mixed herbs  
 2 teaspoons chopped parsley  
 ⅛ teaspoon pepper  
 1 small onion, grated  
 1 tablespoon dripping  
 1½-2 lbs. Veal Steak or Topside, cut very thinly

### Flour

### Carnation Milk

Combine breadcrumbs, salt, herbs, parsley, pepper and onion. Rub in dripping to make a seasoning. Cut veal or steak into pieces about 4 inches long and 2 inches wide. Spread with seasoning. Roll up tightly and secure with skewers, or tie with string. Toss meat rolls in flour and fry in pan until golden brown. Place in casserole and almost cover with Carnation Milk. Cover casserole and bake at approx. 325° F. for 1½ hours or until tender. Serve piping hot with potatoes creamed with Carnation, a green vegetable and tomatoes grilled and sprinkled with mint.

## FORTY-MINUTE DINNER CASSEROLE

2 cups cooked rice  
 4 diced hard-cooked eggs  
 1 cup diced cooked meat  
 1 teaspoon salt  
 1 small onion, grated  
 ¾ cup Carnation Milk  
 ¾ cup water  
 ¼ cup breadcrumbs  
 ¼ cup grated cheese

Arrange rice, eggs and meat in alternate layers in a greased casserole. Combine salt, onion, milk and water. Pour over casserole. Top with crumbs and grated cheese mixed together. Bake in a moderate oven about 30 minutes. Serves 4.

# DESSERTS



## CHOCOLATE SOUFFLE

1 large can Carnation Milk, icy cold

$\frac{3}{4}$  cup sugar

2 tablespoons cocoa

$1\frac{1}{2}$  tablespoons gelatine

2 tablespoons sherry or

$1\frac{1}{2}$  teaspoons vanilla

Whip icy-cold Carnation until stiff. Gradually beat in the sugar, cocoa and gelatine dissolved in a small amount of boiling water. Add sherry or vanilla and pour into a wet mould to set.



## BAVARIAN PEACH CAKE

1 small tin sliced peaches

$1\frac{1}{2}$  level dessertspoons gelatine

1 tablespoon sherry

$\frac{1}{2}$  cup chilled Carnation Milk

2 egg whites

$\frac{1}{4}$  cup sugar

1 baked 8" plain cake

Drain peaches, measure syrup and make up to 1 cup with water. Soften gelatine in syrup, and heat until dissolved. Cool and chill until mixture begins to thicken, then fold in peaches and sherry. Beat Carnation until thick and add to mixture. Beat egg whites until stiff, add sugar and beat again. Fold into prepared mixture. Turn into a wet 8" cake tin and chill until set. When ready to serve, arrange cake layer on serving dish, unmould peach layer on top and serve with whipped Carnation as a garnish.

## PINEAPPLE MERINGUE

1-15 oz. tin pineapple pieces

$\frac{1}{2}$  cup water

$\frac{1}{4}$  cup sugar

3 tablespoons cornflour

2 eggs, separated

$\frac{1}{2}$  cup Carnation Milk

2 tablespoons castor sugar

Place the pineapple and juice in a saucepan, add water and sugar. When hot, add cornflour blended with a little extra water, stir until boiling. Beat egg yolks and Carnation Milk together. Add to mixture and cook without boiling. Pour into pie dish. Beat egg whites until stiff, fold in castor sugar, pile on top of pudding and cook in a moderate oven until meringue is set and nicely brown.

## BROWN BUTTER FROSTING

Melt  $\frac{1}{4}$  cup butter and keep over heat until deep golden brown. Remove from heat and stir in  $\frac{2}{3}$  cup sifted icing sugar. Add  $2\frac{1}{2}$  tablespoons Carnation and finally 1 cup icing sugar. Beat until smooth.

## CARNATION JELLY WHIP and VARIATIONS

1 packet jelly crystals or tablet of any desired flavour

1 cup boiling water

1 cup Carnation Milk, icy cold

Dissolve jelly crystals or tablet in boiling water, allow to cool, but not set. Whip icy cold Carnation until thick and blend in jelly mixture. Set in ice-chest or refrigerator.

For Variations:

1. Add 1 tablespoon lemon juice to dissolved jelly.
2. Add pulp of 3 passionfruit to dissolved jelly.
3. Just before setting, fold in 1 cup of any tinned fruit, well drained and cut into small dice.



# ICE CREAM



## VANILLA "ONE-WHIP" ICE-CREAM

- 1 large can Carnation Milk
- 3 tablespoons castor sugar
- 1 teaspoon vanilla
- 1 teaspoon gelatine
- 1 tablespoon boiling water

Set refrigerator at coldest point before mixing ice-cream. Pour undiluted Carnation Milk, castor sugar and vanilla into ice-cream tray. Thoroughly dissolve gelatine in boiling water and while still hot stir into milk mixture. Place in refrigerator and chill until ice crystals form. Pour into chilled mixing bowl and beat until stiff. Freeze rapidly at low temperature.

## VARIATIONS FOR "ONE-WHIP" ICE-CREAM:

1. Add 1 cup tinned pineapple, apricots, or peaches, well drained and finely chopped.
2. Banana Ice-cream: Add 1 tablespoon lemon juice and 3 ripe, mashed bananas.
3. Passionfruit: Fold in the pulp of 6 passionfruit just before freezing.

## CARAMEL SAUCE

- 1 cup light brown sugar
- $\frac{1}{2}$  cup Carnation Milk
- $\frac{1}{2}$  teaspoon butter

Combine ingredients, cook over boiling water for 3 minutes, stirring constantly. Serve hot or cold over ice-cream or puddings.

## WHIPPING

- $\frac{1}{2}$  cup Carnation Milk, chilled
- 1 tablespoon lemon juice
- 1 tablespoon sugar

Chill undiluted Carnation in ice-cream tray until crystals form, or place unopened can on ice for 2-3 hours. Pour into chilled bowl and whip until it begins to thicken. Add lemon juice and whip until very stiff. Fold in sugar. Serve at once as a topping for puddings, fruit, pies or any dessert.

Whipped Carnation will hold firm for  $\frac{1}{2}$  hour before returning to milk. Any milk left over may be recharged and whipped again when desired.

## CUSTARD SAUCE

- 1 tablespoon custard powder or
- 2 small eggs
- $\frac{1}{2}$  cup Carnation
- 1 cup water
- 1 tablespoon sugar

### Lemon or vanilla essence

Blend custard powder with a little Carnation Milk or beat eggs slightly. Add Carnation, water, sugar and essence. If using custard powder, cook over slow heat, stirring constantly until thick. If using eggs, cook over boiling water until mixture coats the spoon, but do not boil.

# INFANT FEEDING



More and more Australian mothers are realising just why Carnation is used so much overseas for infant feeding. Carnation is perfect for baby's bottle, because Carnation is pure, wholesome cow's milk — nothing has been added and nothing removed except some water. **No other form of processed milk is safer, more nutritious, or more digestible.** Ask your Doctor or Baby Health Centre about Carnation Milk.

Coffee is twice  
as nice made with

DOUBLE RICH

# Carnation

It not only adds a smoother, richer, creamier flavour; but also brings out the full, fascinating fragrance of the coffee itself. Whatever your favourite coffee — ground, essence or powder — just remember to use Carnation instead of ordinary milk for the best result.



# Carnation MILK

*from 'Contented Cows'*